



## Brief Motivational Interviewing *Learner-Centered Approach to Individual Education*

**Giving advice does NOT suffice!!! Consider another strategy!** Brief Motivational Interviewing is a learner-centered counseling method designed to support behavior change. Although it was developed for the drug and alcohol field, it is currently being used successfully by staff at local WIC agencies.

Brief Motivational interviewing is based on four general principles:

1. **Express Empathy** –Be an active listener. Put yourself in the participant's shoes. When a participant feels understood she/he is more likely to explore her/his situation.
2. **Support Self-Efficacy** –Help the participant build confidence. Help her/him believe that change is possible.
3. **Roll with Resistance** –Do not fight the participant's resistance. The participant will develop her/his own solutions.
4. **Develop Discrepancy** –Help the participant examine the inconsistencies between her/his current behavior and future goals.

For additional information on motivational interviewing see [www.motivationalinterview.org](http://www.motivationalinterview.org) ❖

## Summer and Fall Workshops *Steven Berg-Smith to Conduct Training*

**Learn about Brief Motivational Interviewing!** Steven Berg-Smith, a member of the International Motivational Interviewing Network, will be providing several 1-day workshops for local agency staff this summer and fall. Learning activities will include real-life demonstrations, videotaped examples, role-plays, case studies, small group exercises, and staff practice with feedback.

Workshops will be held as follows:

<u>August 2005</u>	<u>September 2005</u>
10-11 in San Diego	12 in Madera
12 in Los Angeles	13 in Oakland
17 in Stockton	14 in Santa Ana
18-19 in Los Angeles	15 in Riverside
22 in San Diego	22 in Chico
23-24 in Sacramento	23 in Santa Clara
25-26 in San Fernando	30 in San Diego

Space is limited. If interested please contact Cathryne Ahrens at [Cahrens@dhs.ca.gov](mailto:Cahrens@dhs.ca.gov). ❖

## Individual Education Workshop *Finding the Counselor Within: Individual Education the Learner-Centered Way*

**Discover ways to motivate participants to make positive health changes in their lives.** At this 1-day WIC Branch workshop you will:

- identify an effective learner-centered approach
- practice core skills
- review stages of change and brief motivational interviewing methods

To request this training, download the training request form at

<http://www.wicworks.ca.gov/resources/trainingBulletin/trainForms/TrainingRequestForm.pdf> and fax to (916) 928-6816. ❖

## Feedback? Suggestions? Questions?

Contact us at [Gkhoe@dhs.ca.gov](mailto:Gkhoe@dhs.ca.gov) or 916-928-8815.

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